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Attachment to

651. ШАД Н.М. Лекции о само- и психической регуляции. М., 1966.
652. ПУЖИНСКИЙ М.А. Психотерапия в комплексном лечении больных неврозами и психическими расстройствами в санаториях. В сб.: Вопросы психотерапии в общей медицине и психоневрологии. Харьков, 1972.
653. ПУЖИНСКИЙ М.А. Восстановление усталости нервной системы. СПб., 1972.
654. ПУЖИНСКИЙ М.А. К вопросу о психотерапии психических расстройств при неврозах. В сб.: Вопросы психотерапии в общей медицине и психоневрологии. Харьков, 1972.
655. ПУЖИНСКИЙ М.А. Практическое руководство по лечению психических расстройств. М., 1972.
656. ПУЖИНСКИЙ М.А. Самоорганизация как компонент общей организации. В сб.: Вопросы психотерапии в общей медицине и психоневрологии. Харьков, 1972.
657. ПУЖИНСКИЙ М.А. Самоорганизация и комплексное лечение психических расстройств при неврозах. В сб.: Вопросы психотерапии в общей медицине и психоневрологии. Харьков, 1972.
658. ПУЖИНСКИЙ М.А. Самоорганизация и комплексное лечение психических расстройств при неврозах. В сб.: Вопросы психотерапии в общей медицине и психоневрологии. Харьков, 1972.
659. ПУЖИНСКИЙ М.А. Самоорганизация и комплексное лечение психических расстройств при неврозах. В сб.: Вопросы психотерапии в общей медицине и психоневрологии. Харьков, 1972.
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662. ПУЖИНСКИЙ М.А. Самоорганизация и комплексное лечение психических расстройств при неврозах. В сб.: Вопросы психотерапии в общей медицине и психоневрологии. Харьков, 1972.
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665. ПУЖИНСКИЙ М.А. Самоорганизация и комплексное лечение психических расстройств при неврозах. В сб.: Вопросы психотерапии в общей медицине и психоневрологии. Харьков, 1972.

The first thematic book  
of scientific-practical papers  
on the problem

of

"PSYCHICAL SELF-REGULATION"

Ukraine, 1972

The chairman of the organization committee,  
editor-in-chief - ROMAN A.S.

Editorial board:

Kapshin, V.M., Ivanov, I.P., Litvinov, S.L.,  
Matrosov, N.I.

## MICROFILMED

## SUMMARY

The problem of psychical self-regulation in all its aspects has always been and still is the object of great interest on the part of the scientists working in various fields. (The book is supplied with the bibliographical index).

Nowadays the problem of psychical self-regulation is of special importance, the cause of it being connected with the necessity of finding out means and possibilities aiming at the organism reserves mobilization for cure and other applications in the extremal conditions as well as in usual states.

The aim of the first thematic book is to acquaint the readers with the researches carried out in this field, to establish contacts among research workers concerned with the problem and to achieve coordination and the information exchange as far as the problem is concerned.

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The list of the authors being large, it does not represent all those who are engaged in this field. But the list of the authors and the questions discussed illustrate the importance of the problem and the interest aroused by it.

It should be emphasized that all the papers presented are original ones and contain new ideas as to the experimental-theoretical and applied aspects. Some of them should be printed out particularly - those which deal with the complex change research arising in the organism under influence of self-suggestion (for example, of the normal subjects being trained in the active self-suggestion - AS and its variation - internal test active self-suggestion - IAS).

The book consists of the parts dealing with experimental-theoretical research, curing and other applications of self-regulation, and the papers in general biological aspects.

The papers given in the general biological part are of special interest. First of all it relates to the works realized in the domain of bio- and psychoneurotic (especially the phenomenon ANVI which shows the possibility of the distant and contact influences by means of psychical self-regulation - self-suggestion on the biological and inorganic objects which causes the change of their structure).

The considerations stated above allow to regard the psychical self-regulation as the problem of general biological plan.

Leaving the present book permits to hope that such publications will be regular and will lead to the establishment of the information exchange coordination and the further development of theoretical and experimental research and the practical application of the investigation both in the psychical self-regulation field and in the neighbouring fields.

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Attachment to M-327/2/1923-19

The second thematic symposium of scientific-practical papers on the problem of "PSYCHICAL SELF-REGULATION" USSR Alma-Ata, 1973.

The chairman of the organization committee, editor-in-chief — ROMEN, A. S.  
(Polez Reizante, General Post Office, 48000 Alma-Ata, USSR)

Editorial board:

Begasherev, Z. G., Inyushin, V. M., Ivanov, I. P., Liberman, S. L.,  
Mefronina, M. I., Fedorova, N. N.

# SUMMARY

The given symposium is the second installment of the thematic collection on the problem of "Psychical self-regulation" (I. I. Alma-Ata, 1973).

It was already in the first installment that psychical self-regulation (PSR) was treated as the problem of the general biology level. At that time the approach to PSR as to the evolutionary conditioned characteristic, which is one of the significant and leading quality of an organism, in particular, closely tied up with its reproductive possibilities, bio-and psychoenergetic interaction was formed. This is the reason and corresponding trend of complex study and practical application when may be thematically defined in the given symposium, as "Psychical self-regulation" — reserve possibilities of an organism — bio, psychoenergetic interaction. This direction at this particular stage is believed to be the most perspective in experimental and theoretical as well as in applied examination of PSR. The information of the symposium and the vast number of works, published on this problem (in particular, in scientific literature, there are more than 1000 denominations, taking into consideration the subordinated bibliographic index and articles of the symposium) testifies to it.

A peculiar bio, psychoenergetic influence manifesting, specifically, as a certain biological stimulation may be marked as one of the leading phenomena of psychical self-regulation. At the same time the phenomena of the biological stimulation take place also in other influences on an organism, for example, by monochromatic light (including laser). Undoubtedly, the study of the biological, including bioenergetic stimulation beyond the PSR influence promotes various and more detailed exposure and more precise definition of mechanism of psychical self-regulation and thanks to this the expansion of scope of its practical application is possible. That found its reflection in the reports of a section, devoted to adjacent problems of the general biology level.

All stated here, with regard for the works represented in the symposium forms corresponding directions of further all-round experimental theoretical and directly applied study of psychical self-regulation.

# INFORMATION

The first thematic symposium of scientific-practical works on the problem of "Psychical self-regulation" was published in 1973, in Alma-Ata.

The chairman of the Organization Committee and editor-in-chief — Romen, A. S.

Editorial board: Inyushin, V. M., Ivanov, I. P., Liberman, S. L.,  
Mefronina, M. I., Fedorova, N. N.

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Attachment to M-327/2/1923-19

The first thematic conference "Psychical self-regulation" was held in Alma-Ata, June 7-10, 1973.

The chairman of the Organization Committee and editor-in-chief — Romen, Alexander Semenovitch.

Special settings on the following subjects were held:

1. Experimental-theoretical problems of psychical self-regulation (PSR), Chairman — Romen, A. S. (Alma-Ata).

2. Medical application of psychical self-regulation, Chairman — A. V. Vasil'yev (Moscow).

3. Outmedical application of psychical self-regulation, Chairman — Gissen Leonid Davydov (Moscow).

4. General biology associated problems, Chairman — Inyushin Victor A. (Moscow).

All the reports, submitted to the first Conference, and compiled the first above mentioned abstracts Symposium.

The reports, submitted to the second Conference, taking place in 1975 are gathered in the second volume of the Symposium.

In the conference resolution on activity and great significance of the problem of psychical self-regulation and the necessity of its all-round study was marked.

In particular it was stressed that the PSR influence affects an organism itself, as well as its surroundings (this is the essence of the personal and social — and — every day significance of PSR). It was marked, that PSR in its essence is the problem of the general biology level, and its study must be held on the interbranch level, with regard for modern scientific achievements. Special attention is to be paid to bio- and psychoenergetic aspects of PSR, which permits to investigate its direct (or indirect) influence on the most intimate inward and outward changes in the organism.

All the Conference on the above mentioned information Conference on the problem of "Psychical self-regulation" and bio, psychoenergetic" was held in Alma-Ata, June 7-10, 1973, in Alma-Ata, (Moscow), Dzhigalov, O. V. (Moscow), Inyushin, V. M. (Alma-Ata), Romen, A. S. (Alma-Ata), Semenov, A. M. (Leningrad), Shvartz, A. I. (Moscow) were introduced into the program of the Conference.

The first Conference on the problem of psychical self-regulation was held in Alma-Ata, June 7-10, 1973, in Alma-Ata, (Moscow), Dzhigalov, O. V. (Moscow), Inyushin, V. M. (Alma-Ata), Romen, A. S. (Alma-Ata), Semenov, A. M. (Leningrad), Shvartz, A. I. (Moscow) were introduced into the program of the Conference.

Here are the main conferences, on the agenda of which there was the problem of psychical self-regulation as well.

June, 1973, Czechoslovakia (Prague) — I International Congress on psychotronics' researches.  
June 28—30, 1973, Norway (Oslo) — IX International Congress on psychotherapeutics. Special sittings on autogenic training were singled out.

July 1—4, 1973, Sweden (Uppsala). VI International Congress on hypnosis. Special sittings on Yoga, Autogenic Training etc were singled out.

August 19—25, 1973, Brazil (Rio de Janeiro). IV Panamerican Congress on hypnosis and psychosomatic medicine and III Brazilian Congress on hypnosis.

**Terminology** (and abbreviation) used in publication (and discussion) of the material on the problem of "Psychical self-regulation bio-psychoneurogenic".

**Psychical self-regulation (PSR)** — regulation of various processes and actions (reactions) of an organism (influence on them), realized by itself with the help of its psychical activity (self-influence).

**Psychical regulation (PR)** — regulation of various processes and actions (reactions) outside the organism (influence on them) with the help of psychical influence (activity). PSR is of special significance here (especially its outward manifestation).

**Self-suggestion (S)** the basis of PSR — a complex volitional process, providing with the forming of readiness of an organism for a certain action (reaction) with the necessity of its realization. At the same time its characteristic feature is that the situation or action, produced by psychological activity of the organism is more important and often renders more pronounced influence on it than real conditions.

**Autogenic training (AT)** — a method of PSR, the basis of which is an application of special self-suggesting formulas, allowing to influence some processes in an organism, including ones, which do not yield to the control of consciousness. (The method proposed and elaborated by I. Schultz, is applied since 1925. A number of modifications was proposed later by different authors).

**Active self-suggestion (AS)** — a method of PSR based on special self-suggestions, which provide peculiar background conditions and necessary aim influence on an organism and processes taking place in it (proposed and elaborated by A. S. Roman. It is applied since 1964).

**Intermittent active self-suggestion (IAS)** — a version of AS allowing, in particular, to render special training with the use of back communication.

**Self-suggested corrected behaviour (SCB)** — a version of AS. Self-suggested awaking of weight (SSW) — a test on definition of self-suggested ability, and of some personal qualities (the indicated variables and the given test proposed and elaborated by A. S. Roman).

**Psycho-regulation training (PRT)** — a method of PSR, the leading component of which are special formulas of self-suggestion, that make it possible to render psycho-regulation influence on an organism, elaborated by Alekseev, A. V. Applied since 1966, generally in sport practice. During the last years special addition to PRT was proposed by Glazen, L. D.

**Psychical activity (PA).**

**Psychical influence (PI).**

**Psychical self-influence (PSI).**

**Psychotherapeutics (PT).**

**Psychoprophylaxis (PP).**

**Psychohygiene (PH).**

**Suggestology (SGL).**

**Suggestopedics (SOP).**

**Reinsopedics (RP).**

**Biological activity (BA).**

**Biological field — biofield (BF).**

**Biological plasma — bioplasma (BP).**

**Bioenergetics (BE).**

**Psychoneurogels (PE)** — the science studying energetic changes (and its manifestation) appearing under the influence (stimulated) of psychical activity (psychoneurogelium — the manifestation and significance of psychoneurological factor).

**energetic activity (ENA).**

**Psychoneurogic activity (PEA)** — Power changes (and their manifestation) appearing under the influence of psychical activity.

**Bioluminescence (BL).**

**Electrobioluminescence (EBL)** — luminescence of biological objects under the influence of electrical field (in particular, of high-frequency impulsive electrical field of high tension).

**Electroluminescence (EL)** — luminescence of non-biological objects under the influence of electrical field (in particular, of high-frequency impulsive electrical field of high tension).

**Monochromatic bioluminescence (MBL)** — luminescence of biological objects under the influence of monochromatic green light (MBL).

## ABSTRACTS\*

**Romen, A. S.** "Experimental-theoretical and applied problems of psychical self-regulation" (p. 5).  
The article is devoted to the experimental-theoretical study of psychical self-regulation (PSR). The results of the study are presented. The article is devoted to the experimental-theoretical study of psychical self-regulation (PSR). The results of the study are presented. The article is devoted to the experimental-theoretical study of psychical self-regulation (PSR). The results of the study are presented.

### Chapter I EXPERIMENTAL-THEORETICAL PROBLEMS

**Aleceev, A. V.** "An effect of shortened variant of psycho-regulating training on tremor" (p. 17).  
A new, shortened variant of the psycho-regulating training consisting of six formulas fundamentally different from the formulas of the classical variant of autogenic training according to I. Schultz's method. The shortened variant of PSR has a marked tranquilizing effect, that has been revealed while studying tremor in gymnasts.

**Bakhtyarov, O. G., Zlochevsky, S. E.** "Logical peculiarities of cognitive situation in the sphere of psychical self-regulation phenomena" (p. 18).  
The report examines the cognitive situation in the sphere of investigations in the problem of psychical self-regulation (PSR), and marks the peculiarities of the situation and the necessity of working out the corresponding logical apparatus for adequate description of PSR processes.

**Belos, V. V.** "Primary functional relations between the character of the temperament as the condition of self-regulation" (p. 20).  
The article deals with some psychological conditions promoting active minimum with necessary adaptation of different individuals to different demands of activity.

**Bel'yakov, G. S.** "On the psychological basis of the active psychotherapy" (p. 22).  
The psychological basis of psychotherapeutic methods joined by the kind of their action is discussed. It is suggested to mark "self-suggestion" narrowly, dividing it into active and passive forms. Auto-suggestion (passive) and auto-suggestion (active) are formulated in this article and the attempt to compare their possibilities is made.

**Begachev, V. A.** "On the possibilities of the arbitrary regulation of temperature by using electric stimulation of negative emotional zones" (p. 23).  
The experiments demonstrated that the process of "teaching" to manipulate the temperature of a rabbit's ear is more of statistical nature than biological significance.

**Borishevsky, M. I., Tishchanko, S. P.** "On the problem of derivative psychical self-regulation of a personality" (p. 27).

\* The abstracts are arranged in Russian alphabetical order.

The article is devoted to the experimental-theoretical study of psychical self-regulation (PSR). The results of the study are presented. The article is devoted to the experimental-theoretical study of psychical self-regulation (PSR). The results of the study are presented.

**Vinogradov, A. L.** "Peculiarities of psychical self-regulation depending on the direction of the thinking process" (p. 27).  
An experimental study of the efficiency of influence of autogenic training on the psychical self-regulation (PSR) in some individuals with psychological problems is described.

**Vand, L. R.** "On the problem of the psychical self-regulation hierarchy" (p. 31).  
A hierarchical scheme of psychical self-regulation (PSR) is described. The scheme is divided into three levels: a first level consists of self-regulation of the body, a second level consists of self-regulation of the mind, and a third level consists of self-regulation of the soul. The article is devoted to the experimental-theoretical study of psychical self-regulation (PSR). The results of the study are presented.

**Gerasimov, V. V., Sedikh, A. I., Shumil, A. L., Chernobay, O. S.** "On psychical influence of gymnastic exercises for muscles relaxation" (p. 41).  
The experiments showed that the efficiency of gymnastic exercises for muscles relaxation is not very reliably under the influence of the sportsman's tremor curves. The fluctuation of the amplitude of the dynamic exercise for relaxation. The fluctuation of the amplitude of the dynamic exercise for relaxation. The fluctuation of the amplitude of the dynamic exercise for relaxation.

**Giesen, L. D., Kuznetsov, L. P., Maikin, V. R., Lisenko, V. N.** "Some objective results of psycho-regulating training influence on organism" (p. 45).  
The results of the psycho-regulating training influence on organism are presented. The results of the psycho-regulating training influence on organism are presented. The results of the psycho-regulating training influence on organism are presented.

**Grav, P. S.** "The cognitive aspect of psychical self-regulation" (p. 49).  
The problem of the cognitive aspect of psychical self-regulation is discussed. The problem of the cognitive aspect of psychical self-regulation is discussed. The problem of the cognitive aspect of psychical self-regulation is discussed.

**Grinberg, V. A., Yarovitsky, V. S., Levitsky, M. M.** "The study of gas microcirculation in state effects and active self-regulation" (p. 49).  
The study of gas microcirculation in state effects and active self-regulation is discussed. The study of gas microcirculation in state effects and active self-regulation is discussed. The study of gas microcirculation in state effects and active self-regulation is discussed.

**Gubel, I.** "Sopriloženie" (p. 43).  
The article is devoted to the experimental-theoretical study of psychical self-regulation (PSR). The results of the study are presented. The article is devoted to the experimental-theoretical study of psychical self-regulation (PSR). The results of the study are presented.

**Normanov, V. A., Smirnov, V. A., Tishchenko, M. M.** "The study of the influence of the psycho-regulating training on the psychical self-regulation (PSR) in some individuals with psychological problems" (p. 43).  
The study of the influence of the psycho-regulating training on the psychical self-regulation (PSR) in some individuals with psychological problems is described. The study of the influence of the psycho-regulating training on the psychical self-regulation (PSR) in some individuals with psychological problems is described.

**Zlochevsky, S. E.** "On the ways of realization of psychological potential of the personality" (p. 43).

The paper deals with the study and realization of potential possibilities of the subconscious sphere use for optimization of intellectual activity.

Zotov, Y. A. "Possibilities of emotional self-regulation of the blood pressure and the respiratory function" (p. 80).

It's not possible to change the level of the arterial pressure in the rabbits, when negative emotions either of a peripheral or central origin serve as reinforcement factors. It is possible to make a partial instruction of board of the respiratory function at the same reinforcement and it is more successfully carried out when the peripheral emotional origin stimuli are used.

Kozin, A. P. "On the principles of teaching the psychophysiological self-regulation" (p. 53).

The offered method of teaching psychophysiological self-regulation is the attempt of simplification of the process of assimilation of self-regulation formulae.

Kondratov, A. M. "Yoga and psychical self-regulation" (p. 55).

This report is devoted to the system of yoga as the specific form of psychical self-regulation the aim of which is the achievement of the special data of psychics called "samadhi".

Krupnov A. I. "The frontal sections of the brain and activity regulation" (p. 57).

Individuals with high signs of activity have a tendency to the lower values of the alpha-index in both recordings for higher signs of intensity beta-2 rhythm and the level of the asymmetry of the summ-y energy of beta-2 rhythm oscillations in the frontal recording and higher values of the alpha-rhythm frequency in the frontal and occipital recordings. Individuals with a lower level of behaviour activity show a contrasting trend in relation to the above mentioned EEG indices.

Levitak, P. M. "Studying the blood at a static pose and its active self-suggestion" (p. 59).

Studying of the blood after a static pose and its active self-suggestion showed the increase of the blood's reaction; especially clearly increased the number of blood's white cell and the speed of coagulation. This can testify to adaptation of organism to static effort and about the force of self-suggestion.

Luthe, W. "Autogenic feedback training" (p. 61).

Different ways of use of biologic feedback in the process of teaching autogenic training (AT) are described. In particular as for the control over the marketing of definite AT exercises, so for the heightening the effect of their activity.

Makarenko, Y. A. "Peculiarities of the self-willed regulation of the heart rate in the situation of controlled experiment" (p. 67).

In the experiment on the unanesthetized rabbits an automatic reinforcement was made by means of electrical stimulation of emotional areas of brain in response to acceleration or deceleration of the heart rate. Autogenic character of this changes confirms that they are carried out on the basis of instrumental conditioned reflex.

Malikov, N. E. "Methods of the definition of the concentration of the attention" (p. 70).

In the present work there are expounded methods of investigation of the individual differences in the degree of the concentration of the attention worked out by the author.

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Marshuk, V. I. "Hypnotic suggestion as the method of increasing the efficiency of autogenic training" (p. 71).

It is revealed that the formation of habits to relaxation is going more effective and quicker under conditions of combining the autogenic and hypnotic exercises.

Marishuk, V. I. "On arbitrary lowering of arterial pressure in the process of autogenic training" (p. 73).

It is revealed in the process of investigations that after formation of habits of arbitrary relaxation of muscles during the general relaxation lowering of maximum and minimum of arterial pressure including this under the conditions of maximum tension takes place.

Mirovsky, K. I., Merislov, V. S., Soljanik, V. L., Subornikov, S. L., Katsalavskaya, L. G., Kobayashi, A. D. "The use of biofeedback for the increase of psychosomatic medicinal self-regulation effectiveness" (p. 74).

This work deals with indicating methods of physiological processes, which are not observed, - is normal, and the most rational approaches to the patient's use of information - all the state of his sore and sound functions.

Molyako, V. A. "The intellectual self-regulation in solving design problems" (p. 76).

The special method was used in these investigations (the method of "sudden bans"), which has analogies in psychological and psychiatric practice (L. G. in Japanese Zen-psychology).

Pavlov, I. S. "Concerning physiological foundations of the autogenic training" (p. 78).

The work deals with the state of "turning" in autogenic training (AT) from the point of view of the analysis of state of functional system of behaviour: action (Anokhin, P. K.). The relation and the role of conscious and unconscious spheres of human psychics in the state of AT is marked.

Rozhnov, V. E., Slutsky, A. S. "Design for the determination of the state of tranquility in the process of autogenic training" (p. 80).

The report concerns the design, giving a patient the opportunity of receiving reversed information about the condition of his nervous activity in the process of autogenic training. The galvanic skin reflex (GSR) was used as an objective data.

Romen, A. S. "About psychic self-regulation training in childhood and youth" (p. 83).

Possibilities and some peculiarities of teaching psychic self-regulation in childhood and youth for medical and sanitary purposes, including sport practice are pointed out here.

Romen, A. S., Belarova, L. I., Ivanov, P. "On the usage of active self-suggestion (AS) during training in hypnosis" (p. 84).

The experimental usage of active self-suggestion (AS) according to the stages of conscious and unconscious in purpose of its intensification is described. The influence of AS on some psychophysiological characteristics of the organism, on tempo and on individual peculiarities in hypnosis is marked.

Romen, A. S., Beysheva, Z. G., Luntzov, N. P., Pavlov, N. K. "On the ability of human self-regulation" (p. 85).

Changes of electrodermal reaction, galvanic skin responses, skin temperature are investigated and compared in the process of autogenic training. The autogenic self-suggestion. Considerable AS is of some exam and personality. A comparison of the results of the study of the state of the organism during the autogenic

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(auto, cross correlations) and factor analyses showed their importance for the theory and practice of self-regulation as on the whole so for self-suggestion in particular.

**Savitskiy, V. V., Saptechenko, G. V., Jakimanko, A. G., Koleshko, A. A.** "On the question of mechanism operation of active self-suggestion" (p. 102).

Examining the electrophysiological indices (periods of electroencephalograms and electrocardiograms) as a complex of positions between which the definite relations exist the cause and effect connection between the centres and periphery was established. The formalistic methods of control characteristics objectively the operations of active self-suggestion (AS) and reveal the possibility to shift to the field of individual, control, the functional therapy.

**Taranucha, A. I.** "On the kind of spontaneous psychical phenomena occurring in the state of self-suggestive immersion" (p. 105).

This article deals with a description of peculiar psychical phenomena, occurring sometimes in the state of self-suggestive immersion in some persons. They may see suddenly with their "inside vision" an unknown coloured motionless visual image.

**Shumilov, Y. B., Kalinick, V. N.** "On the influence of autogenic training on precision of time intervals marking" (p. 107).

Autogenic training permitted to raise the precision of time index marking of young people, who were preparing for operator activity. There is a correlation between the success of their special training and the precision of time intervals marking.

**Yazlovetskiy, V. S.** "On physiological characteristics of full respiration" (p. 109).

The paper presents a spiographic analysis of full respiration and indicates changes in ventilatory and lungs volumes during the respiratory stereotype reorganization in the medical training "health-group" with making use of active self-suggestion (AS).

**Yazlovetskiy, V. S., Rovny, A. S., Taranenko, I. F.** "The investigation of latent period of tension, latent period of relaxation and forearm muscles temperature in the course of self-suggestion" (p. 111).

The report describes changes in latent period of tension, latent period of relaxation (LPR) and forearm muscles temperature in the state of vigilance and self-induced hypnosis. An interrelation between LPR and the index of temperature change was established.

**Variashkin, V. P.** "About the aim character of physical human activity" (p. 120).

This report says about psychical human activity as a complex contents psychological system (Vigotskiy, 1927). In the course of history as a component of man's existence (K. Marx), psychology becomes the decisive factor of his social progress. The effect of straight influence of individual psychological system as well as its effect which is used by yoga, self-suggestion, hypnosis is raised by the bioplasma (Inyushin).

## Chapter II. CUPE USAGE

**Bakalov, O. I., Lobkov, V. V.** "Changes of blood circulation under respiratory gymnastics with elements of active self-suggestion with the sick having heart vascular pathology in the process of nesiotherapy" (p. 117).

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The report gives data on positive blood circulation shifts in the process of active self-suggestion (AS) under respiratory gymnastics with the sick having vascular pathology in the process of nesiotherapy (nurse care).

**Baranov, B. M., Zhmurov, V. A.** "The experimental application of the intensive autogenic training course for treatment of the impotence" (p. 119).

Methods of applying intensively the course of the autogenic training (AT) for treatment of the different forms of the impotence are mentioned in the article. The rationality of applying these methods of AT for treatment of impotence is proved by clinical results.

**Belikov, G. S., Lejeptkova, L. N., Koptlova, I. A.** "The peculiarities of autogenic training (AT) in the psychoneurological hospital" (p. 121).

Organization and methodical peculiarities of therapeutic course of autogenic training (AT) in the psychoneurological hospital are under consideration.

**Brusilovskiy, Z. S., Tashirova, A. G.** "On one of the variants of the combination of autogenic training (AT) with music" (p. 123).

In some cases during treatment of patients with the help of the combination of autogenic training (AT) and music the sensitive perception of music and self-suggestion formula was noted. As the result of it the patients became more irritable and the application of AT is hardly to be of use. In this connection the authors make an attempt to find the optimum in combination of the AT and music.

**Bryazgunov, I. P., Anicarov, L. M.** "Autogenic training in complex therapy of some systematic nervous disorders" (p. 125).

The authors used autogenic training (AT) in complex therapy of some systematic nervous disorders of children. Combination of hypnotherapy with AT was effective in treatment of nervous neurotic and conductive disorders of children.

**Burno, M. E.** "On psychical self-regulation in psychoneurotic patients with hypochondriac sensations" (p. 126).

The work deals with hypochondriac, hypochondriac sensations both of a cutaneous and visceral character. Methods of dealing with psychoneurotic patients psychical self-regulation, which differ from usual methods of treating hysterical hypochondriac sensations, are suggested.

**Bouritskiy, D. L., Kravtsov, V. V.** "Psychical self-regulation in the system of nesiotherapy of the sick with primary disorders of motility" (p. 127).

On the basis of clinical treatment of the sick with different forms of primary disorders of motility a conclusion was made that methods of psychical self-regulation are very effective on condition of their different use.

**Bukharin, V. V., Zolotareva, N. G.** "The influence of self-suggestion on the motor and vegetative functions in patients with liver diseases" (p. 131).

The report describes the data of the influence of self-suggestion (SS) on motor and vegetative functions studied in 52 patients with chronic and chronic liver diseases. The results of investigations showed that SS can significantly influence the motor stomach function and forming functions of the liver.

**Chernov, V. V.** "The role of autogenic training in the complex nesiotherapy of patients with chronic liver diseases" (p. 133).

The article deals with autogenic patients (hospital) for nervous system. 22 patients suffering from an organic disease of the central nervous system, in which the main syndrome was the expression of the vegetative disorders of the liver, were examined. Autogenic training was used as a method of nesiotherapy. The results of autogenic training were compared with the results of the nesiotherapy.

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Glezman, O. S., Legina, E. D. "Physiological methods of treatment of autistic disease in the elderly patients" (p. 130).

The article is devoted to the study of the physiological changes in the patients with "autistic disease" at the age of 40-70 years under observation in a clinical sanatorium near Alma-Ata (1100 m. above the sea level) in the course of 4 years. The patients of the 1st group were treated with controlled respiration with elements of autogenic training. The results of the 1st and 2nd groups were better than those of the second one.

Glezman, E. B., Sharitel, B. M. "The role of pantomime in autogenic training of neurotic patients" (p. 137).

Original autogenic training methods which make use of pantomimic poses are discussed in the paper.

Gorbunov, V. V., Vokh, N. P. "The role of active self-suggestion in the professional training of mentally diseased" (p. 139).

The article is devoted to the application of active self-suggestion in combination with cultural therapy and pharmacotherapy in order to quicken the adaptation of mentally diseased persons to work at the seeling shop.

Danilish, G. "On the medical use of psychosomatic correlations" (p. 141).

On the grounds of long observations the necessity to use the psychosomatic correlations in the process of treatment is stated. The role of the hypnotic suggestion is stressed here. The author states that the auto-suggestion gives the sick the possibility to oppose the development of the disease independently.

Damidanov, T. D., Lyova, R. I. "Differentiated self-regulation techniques in restorative treatment of post-influenza patients" (p. 144).

The paper presents the results of application of various self-regulation techniques, differentiated in accordance with the character of motor disturbances in post-influenza patients with reference to their personal peculiarities. Among the applied self-regulation techniques there was autogenic training (deomotor movements and active self-suggestion).

Dmitrieva, I. V. "To the question of limits of using the multi-need self-suggestion and elements of autogenic training while treating neuroses in the children of junior school age" (p. 146).

The application of methods of the motivated self-suggestion and elements of autogenic training during 22 autogenic training sessions in the treatment of neuroses in the children of junior school age is discussed.

Donchenko, N. M. "Autogenic training in the treatment of the neuroses in children and juveniles" (p. 148).

The article presents the results of application of autogenic training in some systemic neuroses in children and juveniles with enuresis and 326 with enuresis were treated.

Donchenko, N. M., Kukurakin, V. V. "The significance of autogenic training for treatment of psychogenic sexual disorders in males" (p. 150).

The article deals with the employment of autogenic training for treatment of males suffering from psychogenic sexual impotence with disordered copulation. The results are positive.

Zaitsev, V. V. "To the problem of complex psychotherapy of neuroses" (p. 152).

The results of use of the new method of complex psychotherapeutic effect (complex autogenic training) in 70 patients with neuroses are reported. In the treatment of neuroses the results are positive.

Zaitsev, V. V. "On the importance of autogenic training for the treatment of neuroses" (p. 154).

Complex therapy was used to treat the sickle patients, 195 from 1950 to 1954. The results of the treatment of the sickle patients with autogenic training (AT) are reported. The results of the treatment of the sickle patients with autogenic training (AT) are reported. The results of the treatment of the sickle patients with autogenic training (AT) are reported.

Zayashnikova, T. R. "On the use of active self-suggestion while treating the sick with organic diseases of nervous system" (p. 155).

The problem of treating the sick with the organic diseases of nervous system with the method of active self-suggestion after Zayashnikova, A. S. is discussed. The efficiency of the method in complex therapy is proved. All this organic diseases of nervous system were extensively used while treating the sick with organic diseases of nervous system.

Zvonitov, M. D., Zvonitov, V. M. "The experience of use of autogenic training in combination with other methods of psychotherapy while treating the sick with alcoholism" (p. 157).

The article states that autogenic training (AT) in combination with other methods of psychotherapy produces a considerable effect on the mobilization of an organism's reserves while treating inpatient alcoholism in hospital.

Zorin, N. M., Dmitrieva, T. M., Dmitrieva, I. V. "On the importance of self-suggestion when treating the enuresis nocturnal" (p. 160).

The experience of treating 46 children with enuresis nocturnal using the self-suggestion, demonstrated the efficacy of this method because of its property to prevent the relapse.

Kamishay, O. S., Parov, V. V. "The supporting psychotherapy of the patients suffering from head degree of epilepsy" (p. 162).

The authors used the complex method of supporting psychotherapy. The basis of it is the deep psychotherapy including autogenic training. The positive results are achieved.

Krasovskaya, N. Y. "The experience of autogenic training (AT) application in the treatment of neuroses and states like these under various conditions" (p. 163).

The article deals with the method of treatment and results of it. The best effect of the combination of AT with hypnosis, suggestion, imagination and rational psychotherapy is pointed out here.

Krasovskaya, V. A., Grahova, A. A. "Application of the active self-suggestion method to the patients with periodic disturbances of the heart circulation and heart ischemia" (p. 167).

The article presents the results of medical treatment of 170 patients with heart ischemia and periodic disturbances of the heart circulation due to myocardial infarction. The results are impressive. It is shown that the use of the active self-suggestion method can be widely adopted in sanatorium treatment.

Krasovskaya, V. A., Medvedevskaya, O. A. "The active self-suggestion as a method of supporting psychotherapy in the clinic of the heart diseases" (p. 168).

The material of the treatment of 200 patients with heart ischemia and periodic disturbances of the heart circulation is presented. The results of the work are impressive. It is shown that the use of the active self-suggestion method can be widely adopted in sanatorium treatment.

Krasovskaya, V. A. "The efficiency of autogenic training in some cases of treatment of neuroses and states like these" (p. 169).

The data of application of the active self-suggestion in complex therapy of the sick suffering from atherosclerosis and infarction myocardial on the basis of research illustrate the importance of it for readaptation and rehabilitation.

Koleshan, A. A., Savitsky, V. V., Sapchenko, O. V. "The use of autogenic training in complex treatment of the patients with myocardial infarction in the ward of intensive therapy" (p. 174).  
This paper reveals the necessity of the autogenic training for the patients with myocardial infarction during the acute period of complex therapy within the first hours of their entry the ward of intensive therapy.

Koleshan, A. A., Savitsky, V. V., Sapchenko, O. V. "The use of autogenic training in complex treatment of patients with ulcerous disease in the acute period" (p. 178).  
The paper deals with the possibility and expediency of the use of autogenic training in general complex of therapy with the patients of ulcerous disease in the acute period.

Kulikova, V. P. "Active self-suggestion employment with other restorative measures while working in the World War II with after-effects of the traumatic-cerebral trauma" (p. 177).  
Observations carried out on 100 invalids of World War II with after-effects of the traumatic-cerebral trauma in those restorative treatment the method of active self-suggestion has been used are illustrated here. The obtained results testify to the high efficiency of self-suggestion and permit the method to be recommended for a wider use while treating patients with organic diseases of the brain.

Lisovenko, V. L., Kulikova, V. P., Rabat, V. M. "Active self-suggestion in complex treatment of neuroses" (p. 179).  
The method of active self-suggestion was applied in treating patients with different psychopathology. The use of active self-suggestion together with medicinal drugs of psychotherapeutic remedies made it possible to influence effectively untidy symptoms, promoted personal improvement, and activated the hidden resources of a person.

Lobkov, V. V., Bakalyuk, O. I. "The reasons for the necessity of application of the method of psychical self-regulation by the sick men with the heart-vascular pathology in the process of neoplasia" (p. 182).  
The article gives reasons for the necessity of using the method of psychical self-regulation in the complex treatment of the sick men with the heart-vascular pathology.

Lobkov, V. V., Bakalyuk, O. I. "Methods and succession of using the methods of psychical self-regulation in the complex treatment of the heart-vascular diseases with neoplasia" (p. 184).  
Methods of application of the methods of psychical self-regulation in combination with neoplasia in the treatment of sick men with the heart-vascular pathology worked out by the authors are recorded here.

Mel'nikova, M. I. "On the use of the active self-suggestion in psychotherapy of diencephalic disorder" (p. 186).  
The positive effect of the active self-suggestion (AS) use for treatment and readaptation of the sick men suffering from hard diencephalic disorder with the loss of the ability to work (including invalids) is regarded here.

Novosylov, K. I., Sushchikov, V. I. "A falling-asleep process in the treatment of insomnia syndrome" (p. 188).

A falling-asleep process disorder plays an important part in the pathology of sleep especially in the case of its insufficiency. The regulation of the sleep method permitting its recovery of falling asleep - self-regulation has been developed on the basis of analyzing the results.

Nikiforov, O. N. "The results of use of autogenic training in complex cure of patient with periodic psychoses according to eschmann's data" (p. 189).  
On the basis of observation of persons with periodic psychoses (in particular, periodic psychoses that suffer from training in complex use of patients with periodic psychoses in particular) autogenic training produces a salutory effect on the basis of analyzing the results.

Pavlov, I. S. "Concerning the application of autogenic training (AT) in treating patients with chronic alcoholism" (p. 192).  
The work deals with the cases of application of autogenic training (AT) for settling the symptoms of alcoholism chronic with the hope to make the patients drink "normally". The application of AT depends upon the typological personality peculiarities of the patient.

Perov, L. O. "The training of the adequate behaviour" (p. 194).  
The training of the adequate behaviour is described. In the dramatized situation the ability to depress negative emotions and heighten sensibilities is worked out. The information on the application of this training to the treatment of neurotic patients is given.

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Slutsky, A. S., Vyshlov, V. F. "The possibility of the salutory readaptation of the chronic patients of the eyes as a result of the use of autogenic training" (p. 207).  
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**Sokolov, I. L., Donchenko, N. M.** "Psychical self-regulation in teenagers with psychosomatic and asthenic person's development" (p. 209). This work deals with the comparative estimation of the self-regulation results in teenagers with psychosomatic and asthenic person's development. The article stresses the necessity of individualization of self-suggestion formulas taking into consideration each patient's personal peculiarities.

**Tarasov, E. A., Tokarev, B. A., Slutskiy, V. S.** "On the problem of autogenic training (AT) usage in the schizophrenia curing" (p. 211). The necessity of differentiated approach to the application of autogenic training (AT) in the neurosis-like states curing is stressed in the article. The authors cite cases of an aggravating of "secret" processual symptomatology when practicing AT on neurosis-like forms schizophrenia patients.

**Tokarev, B. A., Tarasov, E. A., Slutskiy, V. S.** "The application of yoga exercises and autogenic training in complex cure of neck osteochondrosis patients with neurosis-like states" (p. 213). The report describes the experience of successful application of exercises of yoga and autogenic training (AT) in the neurosis-like states curing developed on the background of neck osteochondrosis. AT curing is conducted according to the principles of organotraining depending upon accent-symptoms.

**Scheitler, A.** "Reprisi practice in autogenic training after I. Schultz" (p. 215). The importance of reprise practice in autogenic training is stated on the basis of the carried out researches, in particular for possible preventing undesirable sensations specifically in AT before sleeping.

**Yachyayev, R. M.** "Autogenic training in complex with labourtherapy as an effective method of alcoholism curing" (p. 217). The autogenic training in combination with labourtherapy in complex temperance curing considerably heightens its efficiency and can be recommended for a wider usage.

**Yatskov, L. P.** "Autogenic training with diencephalic pathology" (p. 218). The article deals with the experiment of using autogenic training (AT) in 84 patients with diencephalic pathology. The obtained data make it possible to come to the conclusion that AT with diencephalic pathology is an effective method of treatment.

**Yatskov, L. P.** "The application of self-suggestion to children with hyperkineses" (p. 220). The article gives therapeutic results of self-suggestion method applied to children with functional hyperkineses. The results are positive.

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**Gacheva, L. V.** "Psycho-regulation teaching as a mean of nervous liquidation of school children" (p. 232).

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**Gorskiy, V. B.** "The use of ways of psychical self-regulation in gymnastics beginners training" (p. 233).

The article presents the experience of teaching gymnastics beginners the ways of psychical self-regulation (PSR) in combination with self-suggestion. It was established that a self-suggested sleep before the concentration on a definite muscle rapidly and effectively develops physical condition.

**Groisman, A. L., Ushakova, L. G.** "Psychical self-regulation as a mean of psycho-hygiene of students mental overstrain" (p. 236).

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**Dechtyar, O. V.** "Psycho-therapeutic value of active self-suggestion (AS) for the removal of conditioned reflex protective reactions" (p. 241).

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**Dechtyar, O. V.** "The experience of the employment of active self-suggestion (AS) in the final part of studies in physical training" (p. 242).

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**Ivanov, I. P.** "On the optimisation of sportmen's psychological state" (p. 244).

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Rozovtsov, E. D. "Self-suggestion in psychotherapy and prophylaxis of fear in swimming" (p. 257).  
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